WEEKLY BEHAVIORAL HEALTH GROUPS

Mondays:  3:30pm – 4:30pm  (K-2nd)
Social Skills/Coping Skills Elementary Group
Hands-on practice working on problem-solving, coping skills and social skills. Each group has a topic varying from anger, manners, paying attention, increasing happiness….and much more.

Tuesdays:  3:30pm – 4:30pm  (3rd – 5th Grade)
Social Skills / Coping Skills Intermediate Group
Problem-solving, coping skills, social skills and support. Each group has check-in times to discuss positive, as well as, stressful situations. A fun atmosphere where many therapeutic games are played by members that teach important life skills

Wednesdays:  1:30pm- 2:30pm:  Support and Coping Group-Adults
This group is for adults whom have been referred by a primary provider specifically to get added support between appointments.

Wednesdays:  3:00pm – 4:00 pm  (Social Skills / Coping Skills Jr. High 6-8th)
This group is open for adolescents to discuss problems and get support from each other. A coping skill set and/or social skill is introduced and practiced.

Thursday:  3:30 pm to 4:30 pm  (Social Skills / Coping Skills High School 9-12th)
This group is open for high school students to discuss problems and get support from each other. This group is currently scheduled weekly, and a coping skill set and/or social skill is introduced and practiced.

Toddler Social Skills Group :  Thursdays:  10:00am – 11:00am
Toddlers learn social skills in our play therapy rooms. Developmental skills are practiced, as well as, learning to work with each other in a positive social environment.

All groups are led by highly trained therapists and have a warm, welcoming environment.

To inquire about any of our groups, please contact Angie Henderson in the Behavioral Health Department at 224-9484, ext. 5720.